

ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

JANUARY 2009

Erin R. Graziani – Director
Jean Baseel – Assistant

Ellington Senior Center
16 Church Street – P.O. Box 187
Ellington, CT 06029

Receptionist – MaryAnne Mandell,
Marcie Berticelli

TELEPHONE NUMBER

870 – 3133

Transportation Program Secretaries:
Florence Brennan, Susan Shepard

TRANSPORTATION
870 – 3137

Van Drivers: Peggy Anderson, Annette
Heim, and Kathy Sherokow

**To Access The Town Crier News &
Calendar On The Town's Website:**

www.ellington-ct.gov

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

Senior Center Hours:

Monday: 8:30 am – 6:00 pm

Tues – Thurs: 8:30 am – 4:00 pm

Friday: 8:30 am – 1:30 pm

NOTES FROM THE DIRECTOR:

Happy New Year! Inside our January edition you will find some new programs, "Unclutter Your Life", Nutrition Education and Weight Management sponsored by North Central District Health Department, "Movie Matinee" and we resume our monthly Birthday Luncheon "Soup & More". The December American Red Cross Blood Drive we sponsored; 51 units of blood collected from 53 donors! Thank you to all our helpers from the Senior Center.

Just a reminder: The Senior Center programs and transportation services follow the same schedule as the Ellington Schools concerning delay openings, early dismissals and closings due to hazardous weather conditions.

We wish you a healthy and happy 2009!!

Erin



ELDERLY OUTREACH MUNICIPAL AGENT – ANNA L. TURNER, MSW**31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131**

American Cancer Society – Thursday, January 15, 2009 at 12:30 p.m. at the Ellington Senior Center. Join us and learn about the services from the American Cancer Society on support groups, education, and transportation. Please call 870-3131 by January 12, 2009 to make your reservation to attend or to book transportation. This is a “Lunch & Learn” program. Lunch starts at 12:30 p.m.; program begins at 1:00 p.m.

TRIAD SENIOR SAFETY NEWS

A monthly news tidbit....

To help keep your home warm this winter consider contacting CL&P, CT Natural Gas or Yankee Gas to inquire about their W.R.A.P/weatherization programs. If you meet the income guidelines you could be eligible to have your water heater wrapped, have drafts, cracks, leaks sealed in your windows or doors; have walls and attics insulated and be given free energy efficient lamps and bulbs. In some cases you might even qualify to get a high-efficiency refrigerator at no cost. Call WRAP for more details. Phone: 1- (800) 388-9727

PHONE NUMBERS TO REMEMBER:

Director of Human Services: Doris Crayton: (860) 870-3128

First Selectman: Michael P. Stupinsky: (860) 870-3100

Resident State Trooper: Sergeant Konieczny: (860) 875-1522

When Inclement Weather Arrives: Note

- When the Ellington schools are closed: The Senior Center will be closed
- When the Ellington schools have a delayed opening: The Senior Center will also be delayed in opening
- When the Ellington schools have early dismissal: The Senior Center will dismiss early
- There will be no transportation supplied on those days the Senior Center is closed
- **Please stay tuned to Channels 3, 8, and 30 for updates**

A Message from Town of Ellington's Director of Human Services
Doris Crayton

The annual tax preparation program has been scheduled for the following dates:

Please note a change in the day. The new program day is Tuesday, *not Thursday*, beginning February 17, 2009 and ending on April 14, 2009. All appointments will be at Arbor Common in the conference room from 9:00 a.m. – 1:00 p.m.. For appointments, please call the Senior Center at 870-3133.

- Tuesday February 17
- Tuesday February 24
- Tuesday March 3
- Tuesday March 10
- Tuesday March 17
- Tuesday March 24
- Tuesday March 31
- Tuesday April 7
- Tuesday April 14

ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)

Transportation services for non-emergency medical appointments for Ellington residents. The program is funded in part by the Older Americans Act through the North Central Area Agency on Aging. **Please note:** EMATS is offered Monday - Thursday between the hours of 9:00 a.m. – 1:30 p.m. (the last appointment time of the day). Please check the calendar for holiday closings. \$2.00 donation fee suggested per each trip.

VAN TRANSPORTATION

Regular van service includes rides to the Senior Center, shopping, to the “Out to Lunch” program and occasional evening events. Please request your transportation packet by calling the Transportation Line at 870 – 3137 between the hours of 9:00 a.m. – 1:00 p.m.

Note: When you sign up for van transportation you must commit to a round trip. ***ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.***

BALLROOM/POLKA SOCIAL – Every Friday afternoon from 1:00 p.m. – 3:00 p.m. Join instructors Amelia and Adam as they demonstrate/teach dancing. No van service is available.

BETTER AGE CLUB - Meets the second and fourth Thursday of the month at 1:00 p.m. at the Senior Center. Van service is available.

- January 8, 2009 Business Meeting – Nancy Long: Weaving and Spinning

Nancy Long, spinner and weaver, will present program featuring equipment and natural fibers available for crafters today. This will be a hands-on program with lots of fiber to touch, a table loom to try weaving, and a spinning wheel to get the feel of spinning. Samples of home spinning and weaving will be shown and the audience is encouraged to relate their experiences working with natural fibers.

- January, 22, 2009 Ted Graziani – Report on Legislature Session/ Answer Questions

THE CRAFTY CORNER – Held every Thursday morning at 9:30 a.m. Van service is available

Sew and So: 1st & 3rd Thursday
Carolyn's Crafts: 2nd & 4th Thursday

CARDS AND GAMES:

Bridge: Tuesdays @ 9:00 a.m.; see Pat Szemplinski or Rosemary Malatesta

Canasta – “King’s Row”: Join Barbara Donahue and friends every Thursday at 1:00 p.m.

Evening Cards: (Setback): Tuesdays and Saturdays at 7:00 p.m.

MahJongg: Come join in the fun! Every Monday at 1:00 p.m., and every Friday at 10:00 a.m.; see Sylvia Kravitz or Anne St. Onge

Pinochle: Every Friday at 6:00 p.m.; see Bob Karlowicz (or alternate coordinators, Carl Larson and Marion Hoffman)

ELLINGTON SINGERS – A note from Maureen Webber: If you like to sing, come share your voice with our “Ellington Singers”. Under the direction of Music Director, Barbara Caramante, they meet every Wednesday at 10:00 a.m. Van service is available.

HEALTH & WELLNESS NEWS:

Blood Pressure Clinics & Diabetic Screenings – Blood Pressure clinic is held the 2nd and 4th Tuesday of the month from 1:30 p.m. – 3:00 p.m.; Diabetic Screenings are held the 4th Tuesday of the month from 1:30 p.m. – 3:00 p.m. Van service is available.

Exercise Class – Exercise class is held every Monday from 9:00 a.m. – 10:00 a.m. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor is Alcyone Brennan. Van service is available.

Podiatry Clinic – Held at the Senior Center on the first Wednesday of every month at 9:00 a.m. *Cost is now \$28.00. Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, January 7, 2009.

* **New Reminder - Call Rita directly to schedule your appointment.** She can be reached at (742-1102). The Senior Center does not schedule these appointments. Van service is available.

Tai Chi Classes – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30 a.m. – 11:30 a.m. (beginner's class); and 11:30 a.m. – 12:30 p.m. (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

PLEASE REMEMBER TO FILL OUT A CURRENT MEDICAL WAIVER FORM AND PAR-Q FORM FOR ALL THE ABOVE MENTIONED CLASSES. Forms are available from our receptionists, Mary Anne Mandell or Marcie Berticelli.

LINE DANCING – **It's Back!!!** Join Amelia and Adam as they teach line dancing. Line dancing is held on Monday's from 1:30 p.m. – 3:00 p.m. Classes will begin Monday, January 22, 2009.

LUNCH AND LEARN – Presented by Carleen Eve Fischer Hoffman, an organizing specialist. This program will help you to get rid of the "clutter" in your life. However you want to interpret that. Come join us on Monday, January 12, 2009. A light lunch will be provided at 12:30 p.m.. Program to follow at 1:00 p.m.

MONTHLY - BIRTHDAY LUNCH – Our next "Birthday Lunch" will take place at the Senior Center on Wednesday, January 28, 2009 at 12:30 p.m.. "Soup & More". Mitchells Restaurant will be supplying soup and sandwiches for everyone to enjoy. Don't forget the birthday cake for dessert! Van service is available.

MEMORIES AND CREATIVE WRITING - On December 18, 2008, creative writing enjoyed a lovely celebration of sharing and eating. What Else?? Volume III "*Sounds of Time*", a collection of memories created by our 20 members is on sale at the reception area. \$7.00 per copy. Many volumes have been sold! They make **GREAT** gifts for your family or others interested in fine literature. Sophia Thompkins played the piano for us as we all enjoyed festive Christmas carols. Her red and white outfit added to a great day! Sophia gave each of us a lovely Christmas card greeting and Sylvia Kravitz presented each of us a Hanukkah candle accompanied by her memories of the Hanukkah celebration in her home as a small child. We are blessed with such an active group and hope our members who are meeting with major setbacks will be able to join us in 2009!! Next meeting is Thursday, January 15, 2009; 2:00 p.m.. Merry Christmas and Happy Hanukkah from us at Creative Writing. Happy New Year!!

MUSICAL INSIGHTS - On December 15, 2008, the Ellington Senior Center and Musical Insights hosted a festive celebration of a beautiful program of music accompanied by a wonderful selection of gourmet food punctuated by our annual *Wassail Bowl* and lovely carol singing. Our heartiest best wishes for a Merry Christmas and Happy Hanukkah!

Future events are scheduled for Monday, December 29, 2008 at 6:00 p.m. – 8:00 p.m.. This program will be "*The American Sampler*" presented by Jack Cohen. The presentation will emphasize our theme "*The Broadway Musical Theatre*" extending to the cinema. **All are welcome. Please come and enjoy!** The month of January will be a vacation for the Musical Insights committee. February 9, 2009 will bring a presentation by Jack Dixon on the subject of Placido Domingo. Have a Happy and Healthy New Year!

NUTRITION EDUCATION AND WEIGHT MANAGEMENT CLASSES - To be taught by a Registered Dietitian at the Ellington Senior Center. Classes are scheduled: Tuesdays, January 20, 27 & February 3, 10, 2009. These classes are **FREE** to all health district residents. Class size is limited to 25 participants. A light lunch will be provided. This program focuses on nutrition, behavior modification, exercise demonstration, recipes, fat, fiber, calcium and sodium information along with a supermarket tour to learn about foods and their labels. **To register for this class, call the North Central District Health Department at 745-0383.**

OUT TO LUNCH: January's "Out To Lunch" will take place at the Chuck Wagon Restaurant, in the Town of Ellington, on Tuesday, January 13, 2009; Time is 1:00 p.m.

RECYCLE – A recycling bin is now located in the kitchen area of the main room. Please help us do our part and continue to **RECYCLE**. Thank you!

SHUFFLE BOARD – Every Wednesday at 2:00 p.m. Shuffle board is played in the main room of the Senior Center.

TRIPS – The Ellington Seniors proudly present!!!! **TROPICANA**. Atlantic City's Show Time Special Tour January 20 – 22, 2009. Bus departs from the Ellington Town Hall at 7:00 a.m. on Tuesday, January 20; will return to Ellington at 7:00 p.m. the night of 1/22/09. Tour cost \$175.00 per person (double bed), \$171.00 per person (triple occupancy), and \$245.00 per person (single occupancy). Additional information pertaining to the trip is posted inside the Ellington Senior Center. Feel free to call us at 870 – 3133.

Another trip being offered is to be held on Friday, March 13, 2009. Come celebrate **St. Patrick's Day** with a luncheon and show starring "**The Kerry Boys**". Dine in an elegant setting at the Grand Oak Villa in Oakville, CT. Combining artistry and grace, a group of young and talented *Irish Step Dancers* will start the program off. After lunch enjoy the Irish music of The Kerry Boys. Cost is \$64.00 per person (includes all taxes and gratuities). Call the Ellington Senior Center at 870-3133 to reserve your spot.

VARIETY REVUE

To all the workers and performers listed in the program; as a thank you for all of your help, we are going to have a pizza party. Amelia would like to thank you for "**A Wonderful Show**"

Date: Wednesday, January 14, 2009
Place: Ellington Senior Center
Time: 4:30 p.m.

Please Note: You must sign up or we will assume you are **NOT** coming. Snow date is Friday, January 16, 2009. Sign up by January 7th with Mary Ann or Marcie (870-3133), or Amelia (875-2494).

VETERAN'S NEWS

The Ellington Senior Center would like to bring to light the "special" women who create/knit "*lap blankets*" for our veterans. Kathy Alexander, Faith Leggae, and Jeannette Wells are to be commended for the loving work they share with others. We would like to thank Betty Jean Bergstrom who forwards these blankets to the Veterans Home in Newington CT.

VETERAN CONTACTS:

VFW – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at 875-2613
AMERICAN LEGION - Leonard Johnson – Services Officer at 871-1498
VETERAN'S AFFAIRS – State Representative – Ted C. Graziani at 240-8531

HAPPY NEW YEAR!!!!

